

Summary of Suggested Nutrition Standards and Policy for School Vending Summer 2004

American Dietetic Association, Society for Nutrition Education, and American School Food Service Association

- Support the Dietary Guidelines for American's
- School nutrition policies may address school meals and snack programs that meet USDA standards
- States must develop policies that limit the sale of competitive foods or less healthy food choices
- Food and beverages in middle and high schools should not be sold from vending machines or school stores until 30 minutes after the end of the last meal period unless they are part of the school foodservice programs and meet standards associated with the dietary Guidelines for American's
- Vending machines, snack bars, and school stores should offer 100% juice and other healthy snacks

(J. American Diet Assoc. 2003; 103:505-514. Position of the American Dietetic Association, Society of Nutrition Education, and the American School Food Service Association -- Nutrition Services: An essential component of comprehensive school health programs)

American Dietetic Association

- Ultimately there needs to be a reduction of total fat and saturated fat intakes
- Recommends that children should increase their fruit and vegetable consumption to 5 or more servings daily
- Supports the Dietary Guidelines for American's and the Food Guide Pyramid as an excellent tool for educating consumers

(Journal of American Dietetic Association: 2000; 100:108-111, Position Paper "Local support for nutrition integrity in schools.")

(ADA Testimony to the U.S. Senate Agriculture Committee on the role school nutrition programs can play in children's health, March 4, 2003)

(J. American Diet Assoc. 199; 99:93-101 Dietary guidance for children aged 2-11 years – Position of ADA)

Society for Nutrition Education:

- Believes that we should enforce current regulations regarding hours of availability in school and applying these regulations to other federal programs
- Believes that we should eliminate vending machines in preschools and elementary schools
- Believes that it should be required that healthy choices be available and actively promoted when vending machines are in place
- Believes strive to reduce consumption of soft drinks in school settings
- Supports Dietary Guidelines and Food Guide Pyramid to promote eating behavior change in the U.S. population

(Society of Nutrition Education letter to Secretary of Agriculture, Ann M. Veneman, November 3, 2002)

American Dental Association

- Supports nutritious foods identified by the U.S. Department of Agriculture or USDA's dietary guidelines.
- Support's the USDA's Dietary Guidelines to encourage consumers to limit intake of beverages and foods high in added sugars that may crowd out other healthy foods in the diet. They also identify soft drinks as a major source of added sugar
- There is a positive association between consumption, especially high consumption, of sugar-containing soft drinks and risk of developing tooth decay
- Feel that items with little if any nutritional value are taking a toll in teeth
- Advise to ensure that school food services and vending services offer nutritious selections
- Frequent ingestion of sugar-containing foods and beverages is a major risk factor in the frequency and severity of dental carries
- Opposes contractual arrangements that influence consumption patterns that promote increased access to soft drinks (beverages containing sugars, carbonation and/or acidic products) for children
- Encourages state and local dental societies to work in their communities to ensure that school food and vending services offer nutritious selections

(American Dental Association, News Release, 2004)

(Journal of the American Dental Association, 133:527, 2004)

American Heart Association

- They advise restricting total intake of fats, especially saturated fat and cholesterol
- Recommend a milk based diet naturally high in saturated fat and cholesterol for children older than 2 years of age

(Circulation, 1997;95:2332-2333)

Tennessee Association for Health, Physical Education, Recreation, and Dance

- Schools should be prohibited to sell foods during meal periods that are high in sugar, fats, and salt
- Nutrient dense foods such as fruits and vegetables should be accessible to students in all food and beverage venues on the school campus
- Soft drinks should be made unavailable to students by banning their sale in vending machines and elsewhere in the school campus
- Policies should be implemented that guarantee a better quality of food choices throughout the school setting – these policies are essential to the health of Tennessee children and their future

(Omie Shepherd: TAHPERD Position Paper: Support for healthful Nutrition Environments in Schools)

American Academy of Pediatrics

- Sweetened drinks should be eliminated in schools
 - Drinks should be offered like real fruit and vegetable juices, water, and low-fat white or flavored milk – all of these drinks provide a healthful alternative
 - Soft drinks should not be sold as part or in competition with the school lunch program
 - Vending machines should not be placed within the cafeteria space where lunch is sold
 - Vending machines with minimal nutritional value, including soft drinks, should be turned off during lunch hours and ideally during school hours
 - Vending soft drinks and fruit-flavored drinks should be eliminated from elementary schools
 - Number of machines vending sweetened drinks should be limited
 - An alternative beverage such as real fruit or vegetable juice, water, or low-fat white or flavored milk should be provided over sweetened drinks in school vending machines
 - Schools should vend drinks that are sugar-free or low in sugar to lessen the risk of overweight children
 - Recommends a diet with less than 10% of total energy from fatty acids; total fat over several days should be no more than 30% of total energy and no less than 20% of total energy, and dietary cholesterol should be less than 300 mg per day
- (American Academy of Pediatrics Committee on Nutrition)
(AAP Committee on School Health: Policy Statement - Soft Drinks in Schools, Pediatrics:113:152-154, Jan, 2004)

American Federation of Teachers

- Denounces the sale of competitive foods and foods of minimal nutritional value

National Association of State Board of Education

- Urges school policies that promote healthy eating to address all food and beverages served to students, including those available outside school meal programs